

GROUNDING INSTRUCTIONS

- This appliance must be grounded. In the event of an electrical short circuit, the grounding plug reduces the risk of electric shock by providing an escape wire for electric current. This appliance is equipped with a cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded.
- **WARNING:** Improper use of the grounding can result in a risk of electric shock. Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded, and if it is necessary to use an extension cord, use only a 3-wire extension cord that has a 3-blade grounding plug, and a 3-slot receptacle that will accept the plug on the appliance. The marked rating of the extension cord shall be equal to or greater than the electrical rating of the appliance
- **WARNING:** Do not cut or remove the third (ground) prong from the power cord under any circumstances.

INSTALLATION GUIDE

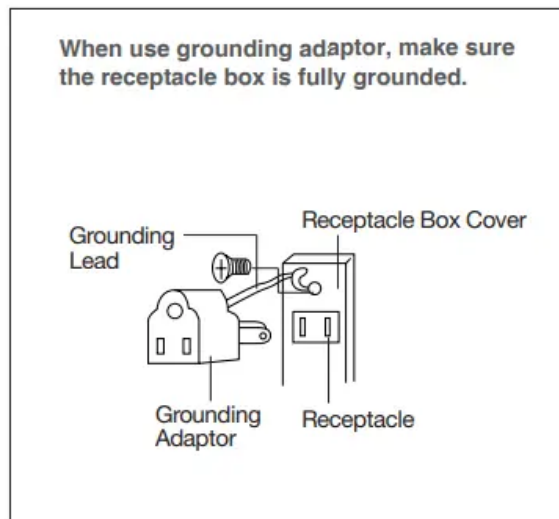
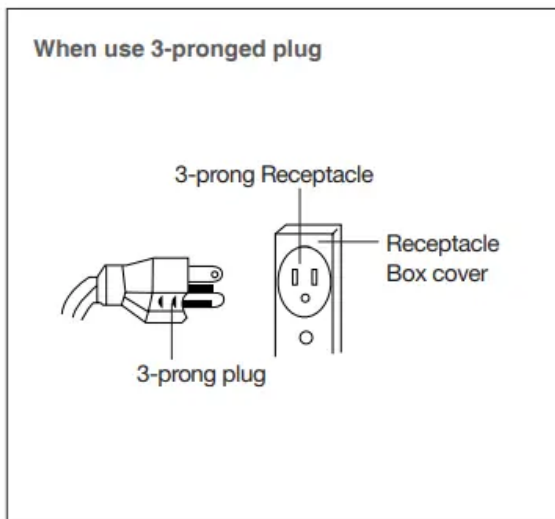
1. Examine the oven after unpacking. Check for damage such as a misaligned door, broken door or dent in the cavity. If any damage is visible, **DO NOT INSTALL**, and notify your dealer immediately.
2. Level, flat location. Install the microwave oven on a level, flat surface.
3. Ventilation. Do not block air vents. If they are blocked during operation, the oven may overheat and eventually cause a failure. For proper ventilation, allow 4 inches of space between oven top, sides, rear and adjacent surfaces.
4. Away from radio and TV sets. Poor television reception and radio interference may result if the oven is located close to a TV, radio, antenna, feeder, etc. Place the oven as far from them as possible.
5. Away from heating appliances and water taps. Keep the oven away from heat, steam or splashing liquids. These things can adversely affect oven wiring and contacts.
6. Power supply.
 - Check your local power source. This microwave oven requires a current of approximately 14.5 amperes, 120Volts, 60Hz and a grounded outlet.
 1. A short power-supply cord is provided to reduce the risks of the user becoming entangled in or tripping over a longer cord.

2. Longer cord sets or extension cords are available and may be used if care is exercised in their use.

3. If a long cord or extension cord is used:

- The marked electrical rating of the cord set or extension cord should be at least as great as the electrical rating of the oven.
- The extension cord must be a grounding type 3-wire cord.
- The longer cord should be arranged so that it will not drape the table top or counter where it can be pulled on by children or tripped over unintentionally.

7. The minimum height of free space necessary above the top surface of the oven is about 4 inches.



"THE CANADIAN ELECTRICAL CODE DOES NOT ALLOW THE USE OF THE GROUNDING ADAPTOR"

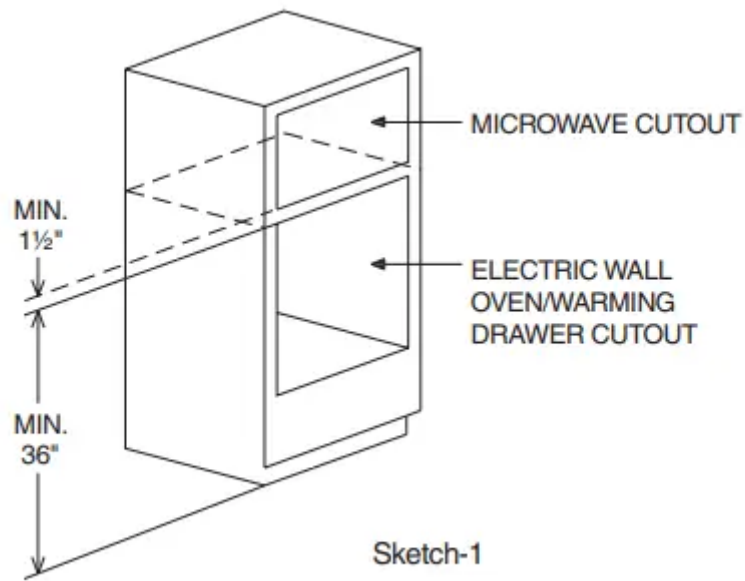
8. Choosing a Location for Your Oven You will use your oven frequently so plan its location for ease of use. Your microwave oven can be built into a cabinet or wall by itself or above any electric wall oven or warming drawer using Sharp's Built-in Kits listed below.

- Please note: It cannot be built in above any gas wall oven.

| Trim Kit # | Description |
|------------|---|
| RK56S27 | SMC2242DS Trim Kit, 27" Stainless Steel |
| RK56S30 | SMC2242DS Trim Kit, 30" Stainless Steel |

- See Sketch-1 for proper location when building in above an electric wall oven or a warming drawer. Carefully follow both the electric wall oven/warming drawer installation instructions and Sharp's Built-in Kit instructions. Be sure that the clearance of the floor

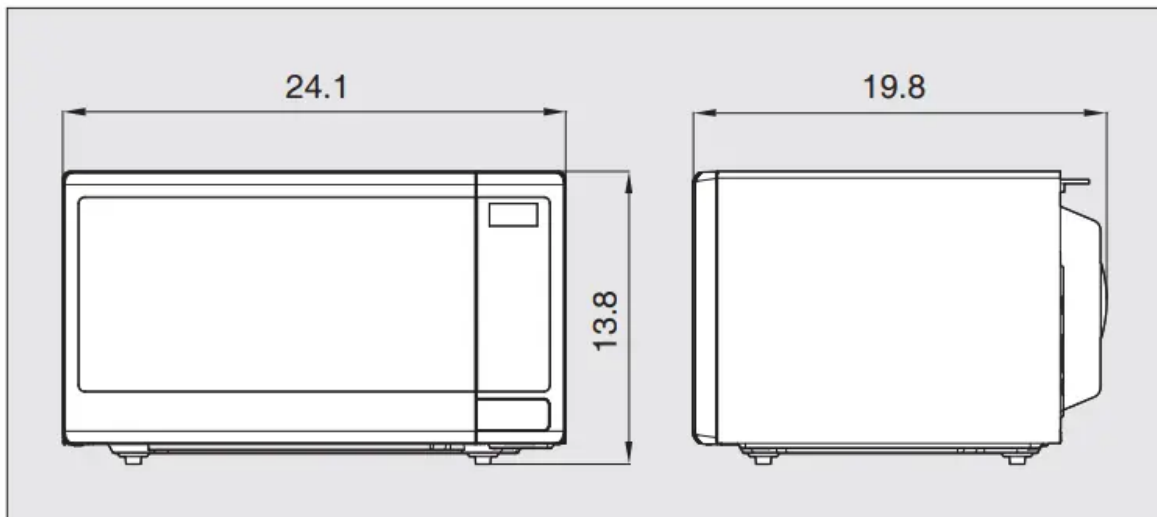
between the electric wall oven/warming drawer and the microwave oven is a minimum of 1-1/2 inches.



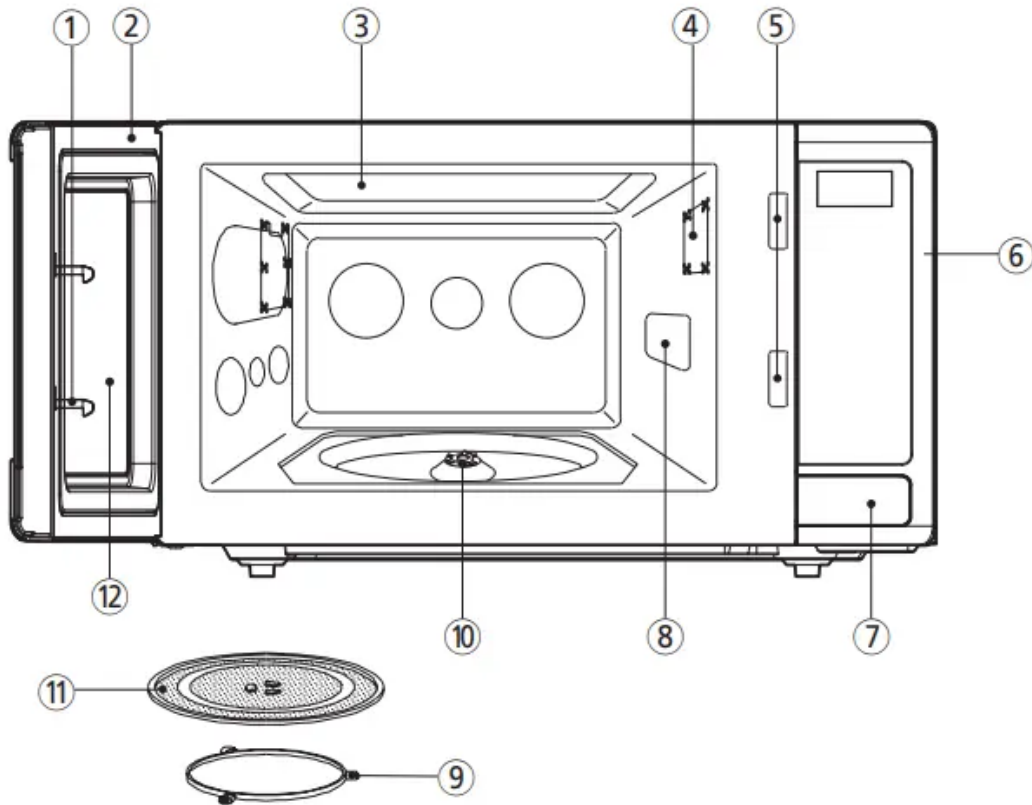
SPECIFICATIONS

| | | |
|--------------------------------|---------------|---|
| POWER SUPPLY | | 120V AC, 60Hz SINGLE PHASE WITH GROUNDING |
| MICROWAVE | INPUT POWER | 1650 W |
| | ENERGY OUTPUT | 1200 W |
| | FREQUENCY | 2,450MHz |
| OUTSIDE DIMENSIONS (W x H x D) | | 24.1 x 13.8 x 19.8 in. |
| CAVITY DIMENSIONS (W x H x D) | | 17.1 x 11.5 x 18.9 in. |
| CAVITY VOLUME | | 2.2 cu.ft |
| NET WEIGHT | | APPROX. 44.8 lbs. |
| TIMER | | 59 min. 99 sec. |
| POWER SELECTIONS | | 10 Levels |

* Specifications are subject to change without notice.



FEATURES DIAGRAM



1 Door latch - When the door is closed, it will automatically shut off. If the door is opened while the oven is operating, the magnetron will automatically shut off.

2 Door seal - The door seal surfaces prevent microwaves escaping from the oven cavity.

3 Oven cavity

4 Oven lamp - Automatically turns on while oven is operating and when oven door is opened.

5 Safety interlock system

6 Control panel

7 Door open button - To open the door push the door open button.

8 Waveguide cover - Protects the microwave outlet from splashes of cooking foods.

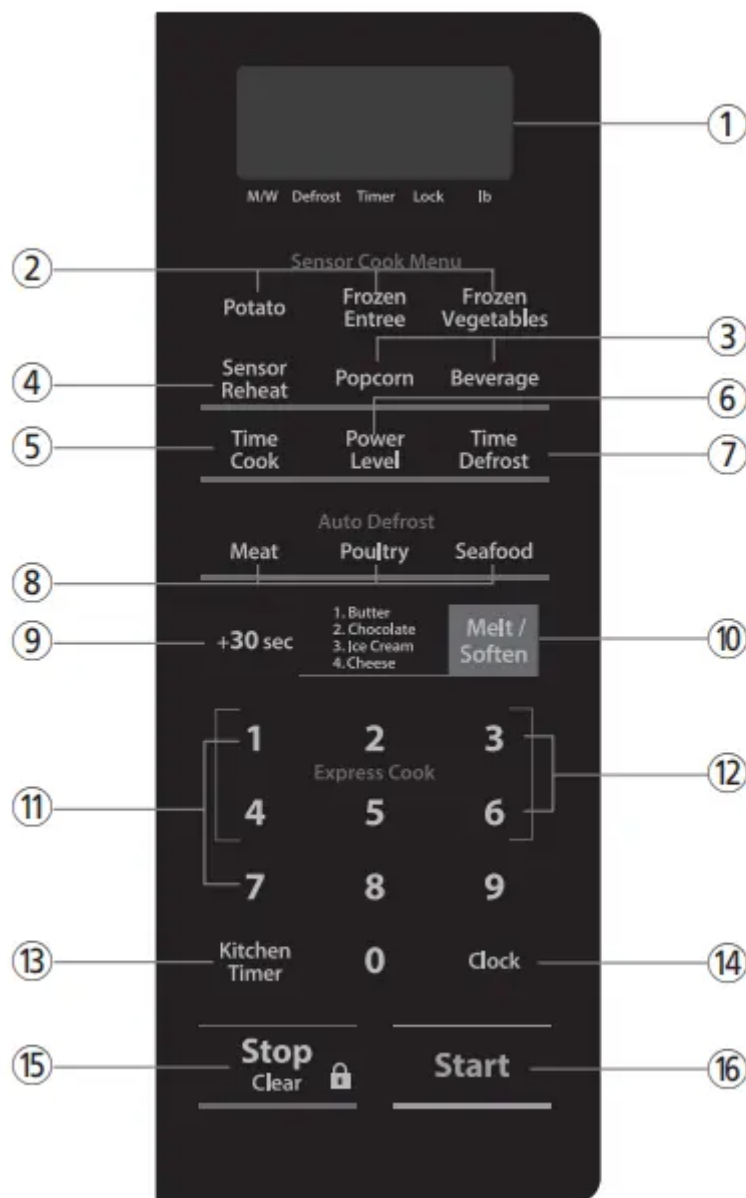
9 Roller guide - This must always be used for cooking together with the glass cooking tray.

10 Coupler - This fits over the shaft in the center of the oven cavity floor. This is to remain in the oven for all cooking.

11 Glass cooking tray - Made of special heat resistant glass. The tray must always be in proper position before operating. Do not cook food directly on the tray.

12 Viewing screen - Allows viewing of food. The screen is designed so that light can pass through, but not the microwave energy.

FEATURES DIAGRAM



1 DISPLAY - Cooking time, power level, indicators and current time are displayed.

2 SENSOR COOK - Used to cook many of favorite food.

3 ONE TOUCH COOK - Used to cook or reheat specific quantities of food.

4 SENSOR REHEAT - Used to reheat food.

5 TIME COOK - Microwave for a selected amount of time.

6 POWER LEVEL - Used to set power level.

7 TIME DEFROST - Used to defrost foods for time.

8 AUTO DEFROST PAD - Press to select DEFROST feature by weight.

9 +30 SEC - Used to extend heating time by 30 second increments or for an "instant on" for 30 seconds.

10 MELT/SOFTEN - Used to melt or soften food

11 TIME SET PAD - Used to set the cooking time and the current time.

12 EXPRESS COOK - Used to set 1-6 minutes preset cooking time at 100% power level.

13 KITCHEN TIMER - Used as a minute timer

14 CLOCK - Used to set clock.

15 STOP / CLEAR - Used to stop the oven operation or to delete the cooking data.

16 START - Used to start the oven.

OPERATION PROCEDURE

This section includes useful information about oven operation.

1. Plug power supply cord into a standard 3-pronged 14.5 Amp, 120V AC 60Hz power outlet.
2. After placing the food in a suitable container, open the oven door and put it on the glass tray. The glass tray and roller guide must always be in place during cooking.
3. Close the door. Make sure that it is firmly closed.
4. The oven light is on when the microwave oven is operating.
5. The oven door can be opened at any time during operation by pushing the door open button of control panel. The oven will automatically shut off.
6. Each time a pad is pressed, a BEEP will sound to acknowledge the press.
7. The oven automatically cooks on full power unless set to a lower power level.
8. The display will show " : 0" when the oven is plugged in.
9. Time clock returns to the present time when the cooking time ends.
10. When the STOP/CLEAR pad is pressed during the oven operation, the oven stops cooking and all information retained. To erase all information(except the present time), press the STOP/CLEAR pad once more. If the oven door is opened during the oven operation, all information is retained.

- If the START pad is pressed and the oven does not operate, check the area between the door and door seal for obstructions and make sure the door is closed securely. The oven will not start cooking until the door is completely closed or the program has been reset.

Make sure the oven is properly installed and plugged into the electrical outlet.

WATTAGE OUTPUT CHART

- The power-level is set by pressing the Power Level pad and number pad. If you wish to use a different power level, press the POWER LEVEL pad before pressing START pad. Enter the power level desired by pressing the appropriate number pad. The chart shows the display, the power level and the percentage of power. (See TIME COOK Cooking Guide)

| PRESS POWER PAD AND NUMBER | POWER LEVEL (DISPLAY) | APPROXIMATE PERCENTAGE OF POWER |
|----------------------------|-----------------------|---------------------------------|
| POWER LEVEL + 1 + 0 | PL10 | 100% |
| POWER LEVEL + 9 | PL-9 | 90% |
| POWER LEVEL + 8 | PL-8 | 80% |
| POWER LEVEL + 7 | PL-7 | 70% |
| POWER LEVEL + 6 | PL-6 | 60% |
| POWER LEVEL + 5 | PL-5 | 50% |
| POWER LEVEL + 4 | PL-4 | 40% |
| POWER LEVEL + 3 | PL-3 | 30% |
| POWER LEVEL + 2 | PL-2 | 20% |
| POWER LEVEL + 1 | PL-1 | 10% |
| POWER LEVEL + 0 | PL-0 | 0% |

NOTE : If "PL-0" is selected, the oven will work with the fan but no power. You can use this level to remove odors.

CONTROLS

SETTING THE CLOCK

- When the oven is first plugged in, the display will show ":0" and a tone will sound. If the AC power ever goes off, the display show " : 0" when the power comes back on



- Press the CLOCK pad. This is a 12 hour clock system.
- Press the CLOCK pad once more. This is a 24 hour clock system.
- Enter the correct time of day by pressing the TIME SET pads in sequence.

4. Press the CLOCK pad.

NOTE : This oven has multiple clock systems. If you want 12 hour clock system, omit this step

- The display stops blinking, and the colon starts blinking. If you selected 12 hour clock system, this digital clock allows you to set from 1:00 to 12:59. If you selected 24 hour clock system, this digital clock allows you to set from 0:00 to 23:59.

NOTE: If you attempt to enter an incorrect time, the time will not be set and a error signal tone will sound. Press the CLOCK pad and re-enter the time.

KITCHEN TIMER MODE

Timer operates as a minute timer. Timer operates without microwave energy

HOW TO USE AS A MINUTE TIMER



1. Press KITCHEN TIMER pad. The TIMER indicator lights and “ : 0” is displayed.
2. Press the amount of time you want to count down. The display will show what you pressed.
3. Press START pad.

The TIMER indicator starts blinking and the display counts down the time remaining in KITCHEN TIMER mode. When KITCHEN TIMER mode ends, you will hear 3 beeps.

HOW TO USE TO DELAY THE START OF COOKING

| | | |
|--|--|---|
| | 1. Press KITCHEN TIMER pad. | The TIMER indicator lights and “ : 0” is displayed. |
| | 2. Press the amount of time you want to delay | The display will show what you pressed. |
| | 3. Program the desired cooking time and power level for food to be cooked. | The M/W indicator lights and the selected cooking time and power level are displayed. |
| | 4. Press START pad. | |

When you press START pad, the TIMER indicator starts blinking and the display counts down the time remaining in KITCHEN TIMER mode. When KITCHEN TIMER mode ends, the oven will beep. The TIMER indicator goes off and M/W indicator starts blinking. The display counts down the time remaining in M/W mode. When M/W cook ends, you will hear 3 beeps.

HOW TO USE TO SET A HOLDING TIME

| | |
|---|--|
| 1. Program the desired cooking time. | The M/W indicator lights and the selected time is displayed. |
| 2. Press KITCHEN TIMER pad.3. Press the amount of time you want the oven to hold. | The TIMER indicator lights and “ : 0” is displayed |
| 3. Press the amount of time you want the oven to hold. | The display will show what you pressed. |
| 4. Press START pad. | |

The M/W indicator starts blinking and the display counts down the time remaining in M/W mode. When the M/W cook ends, the oven will beep. The M/W indicator goes off and TIMER indicator starts blinking. The display counts down the time remaining in KITCHEN TIMER mode. When the KITCHEN TIMER mode ends, you will hear 3 beeps.

NOTE : Your oven can be programmed for 59 minutes 99 seconds. (59:99)

AUTO DEFROSTING

AUTO DEFROST lets you easily defrost food by eliminating guesswork in determining defrosting time. Follow the steps below for easy defrosting.

| | |
|---|--|
| <ol style="list-style-type: none"> 1. Press MEAT pad. 2. Select the desired defrosting weight. (Refer to the Auto defrost chart below.) 3. Press START pad | <p>The lb indicator light and “ 1.0 ” is displayed.</p> <p>The display will show what you pressed.</p> <p>MEAT DEFROSTING begins</p> |
| <ol style="list-style-type: none"> 1. Press POULTRY pad. 2. Select the desired defrosting weight. (Refer to the Auto defrost chart below.) 3. Press START pad. | <p>The lb indicator light and “ 1.5 ” is displayed.</p> <p>The display will show what you pressed.</p> <p>POULTRY DEFROSTING begins.</p> |
| <ol style="list-style-type: none"> 1. Press SEAFOOD pad. 2. Select the desired defrosting weight. (Refer to the Auto defrost chart below.) 3. Press START pad. | <p>The lb indicator light and “ 0.5 ” is displayed.</p> <p>The display will show what you pressed.</p> <p>SEAFOOD DEFROSTING begins.</p> |

AUTO DEFROST CHART

| PRESS PAD | MEAT | POULTRY | SEAFOOD |
|-----------|--------|---------|---------|
| once | 1.0 LB | 1.5 LB | 0.5 LB |
| twice | 1.5 LB | 2.0 LB | 1.0 LB |
| 3 times | 2.0 LB | 2.5 LB | 1.5 LB |
| 4 times | 2.5 LB | 3.0 LB | 2.0 LB |

- The defrosting time is automatically determined by the weight selected.
- When you press START pad, the lb indicator goes off and the DEF indicator blinks and the defrosting time counts down in the display window. The oven beeps during the defrosting cycle to signal that the food needs to be turned or rearranged. When the defrosting time ends, you will hear 3 beeps.

TIME DEFROSTING

When TIME DEFROST is selected, the automatic cycle divides the defrosting time into periods of alternating defrost and stand times by cycling on and off.

Time Defrost

1. Press TIME DEFROST pad. The DEF indicator lights and “ : 0” is displayed.
2. Press number pads for the desired defrosting time. The display will show what you pressed.
3. Press START pad. NOTE: Your oven can be programmed for 59 minutes 99 seconds. (59:99)

When you press START pad, the DEF indicator starts blinking to show the oven is in the TIME DEFROST mode. The display counts down the time to show you how much defrosting time is left in the TIME DEFROST mode. The oven beeps during the defrosting cycle to signal that the food needs to be turned or rearranged. When the defrosting time ends, you will hear 3 beeps.

MELT/SOFTEN

The melt/soften feature can be used to melt or soften butter, chocolate, ice cream and cheese. See the chart for specific settings to use.

Melt / Soften

1. Press MELT/SOFTEN pad once for butter, twice for chocolate, three times for ice cream, four times for cheese. The display will show what you pressed.
2. Press START pad.

MELT/SOFTEN ITEM CHART

| PRESS PAD | DISPLAY | ITEM | WEIGHT |
|-------------|---------|-----------|------------|
| once | S--1 | Butter | 1/2 cup |
| twice | S--2 | Chocolate | 8 oz. |
| Three Times | S--3 | Ice Cream | 1/2 gallon |
| Four Times | S--4 | Cheese | 1 plate |

TIME COOK

| | | |
|--|---|--|
| | Press TIME COOK pad. | The M/W indicator lights. |
| | Press number pads for the cooking time. | The display will show what you pressed |
| | Press POWER LEVEL pad. | The display will show PL10 for 100% power |
| | Press number pads for power level (0~10). | The display will show PL-0 ~ PL10. |
| | Press START pad. | If you skip 3 and 4 step, 100% power is automatic. |

- NOTE : Your oven can be programmed for 59 minutes 99 seconds. (59:99)
- When you press START pad, the M/W indicator starts blinking to show the oven is cooking. The display counts down the time to show how much cooking time is left. When the cooking time ends, you will hear 3 beeps.
- NOTE : Using lower power levels increases the cooking time which is recommended for foods such as cheese, milk and slow cooking of meats.

COOKING IN TWO STAGES

All recipes require the frozen foods to be defrosted fully before cooking. This oven can be programmed to automatically defrost foods before cooking.

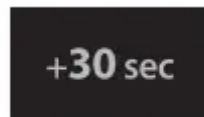
| | | |
|--|--|---|
| | 1. Press DEFROST pad. | The Defrost indicator lights and “ : 0” is displayed. |
| | 2. Press number pads for the defrosting time you want. | The display will show what you pressed. |
| | 3. Press TIME COOK pad. | The M/W indicator lights |
| | 4. Press number pads for the cooking time. | The display will show what you pressed.T |
| | 5. Press POWER LEVEL pad. | The display will show PL10 for 100% power |
| | 6. Press number pads for power level (0~10) | The display will show PL-0 ~ PL10. |
| | 7. Press START pad | If you skip 3 and 4 step, 100% power is automatic |

NOTE : Your oven can be programmed for 59 minutes 99 seconds. (59:99)

- When you press START pad, the DEF and M/W indicators come on to confirm the power levels selected. The DEF indicator starts blinking to show you that the oven is in TIME DEFROST mode.
- The display counts down the time remaining in TIME DEFROST mode. When the oven beeps, turn over, break apart and/or redistribute the food. At the end of TIME DEFROST mode, the oven will beep and start M/W cook.
- The DEF indicator goes off and the M/W indicator starts blinking. The display counts down the time remaining in M/W mode. When M/W cook ends, you will hear 3 beeps.

+30 SEC

+30 sec allows you to reheat for 30 seconds at 100% (full power) by simply pressing the +30 sec pad. By repeatedly pressing the +30 sec pad, you can also extend reheating time to 59 minutes 59 seconds by 30 second increments.

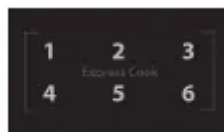


1. Press the +30 sec pad. When you press the +30 sec pad, “:30” is displayed, and the oven starts reheating

NOTE : +30 SEC cannot be used with SENSOR COOK, TIME DEFROST or AUTO DEFROST.

EXPRESS COOK

Express Cook is a quick way to set cooking time from 1-6 minutes at 100% (full power).



1. Press one of the Express Cook pads (from 1-6) for 1-6 minutes of cooking at 100% (full power). The display will show what you pressed. After 1.5 seconds, the display is changed into cooking time and the oven starts cooking.

ONE TOUCH COOK

- One touch cooking allows you to cook or reheat many of your favorite foods by pressing just one pad. To increase quantity, press the chosen pad until the number in the display is same as desired quantity to cook. (except for POPCORN)

Beverage

1. Press BEVERAGE pad once for 1 cup, twice for 2 cups or three times for 3 cups. When you press BEVERAGE pad once, “ 1 ” is displayed.
2. Press START pad.

* BEVERAGE * : 7 oz/cup(mug)

- 1 cup (7 oz total volume) : Press BEVERAGE once.
- 2 cups(14 oz total volume) : Press BEVERAGE twice.
- 3 cups(20 oz total volume) : Press BEVERAGE three times.

Popcorn

1. Press POPCORN pad once for 3.5 oz bag, twice for 3.0 oz bag or three times for 1.75 oz bag. When you press POPCORN pad once, “ 3.5 ” is displayed.
2. Press START pad.

NOTE :

1. Use prepackaged room-temperature microwave popcorn.
2. Place bag in oven according to manufacturer’s directions.
3. Pop only one bag at a time.
4. After popping, open bag carefully: popcorn and steam are extremely hot.
5. Do not reheat unpopped kernels or reuse bag.
6. Do not leave oven unattended while popping popcorn.

CAUTION : If prepackaged popcorn is of a different weight than the recommended weight, do not use the popcorn pad. Follow the manufacturer instruction.

SENSOR OPERATIONS

The Sensor Cook categories are designed to detect the increasing humidity released by the food during the cooking process. The microwave oven sensor will automatically adjust the cooking time to the type and amount of food.

Using Sensor Settings

1. After the oven is plugged in, wait 2 minutes before using Sensor Cook.

2. Be sure the exterior of the cooking container and the interior of the oven are dry. Wipe off any moisture with a dry cloth or paper towel.
3. The oven works with foods at normal storage temperature.
4. More or less food than the quantity listed in the chart should be cooked following the guidelines in any microwave cookbook.
5. Do not open the oven door or press STOP/CLEAR pad until cooking time appears on the display window. The measurement of vapor will be interrupted. If this occurs, an error message "Er01" will appear. To continue cooking, press the STOP/ CLEAR pad and cook manually. When the sensor detects the vapor emitted from the food, the remainder of cooking time will appear. The door may be opened when remaining cooking time appears on the display. At this time, you may stir or season food, as desired.
6. Always use microwave-safe containers and cover them with loose fitting lids or vented plastic wrap. Never use tight sealing plastic containers. They will prevent steam from escaping and this will mislead the sensor, usually causing the food to overcook.
7. Check food for temperature or doneness after cooking. If food is not completely cooked, enter additional cooking time manually. Do not use one of the Sensor Cook categories twice in succession on the same food portion. This may result in severely overcooked or burnt food.

Covering Foods

Some foods work best when covered. Use the cover recommended in the Sensor Cook Chart for these foods.

1. Casserole lid.
2. Plastic wrap : Use plastic wrap recommended for microwave cooking. Cover dish loosely; allow approximately 1/2 inch to remain uncovered to allow steam to escape. Plastic wrap should not touch food.
3. Wax paper : Cover dish completely; fold excess wrap under dish to secure. If dish is wider than paper, overlap two pieces at least one inch to cover.

Be careful when removing any covering to allow steam to escape away from you.

CHILD SAFETY LOCK

- Child safety lock feature may lock the control panel to prevent the oven from being accidentally started or used by children. To lock, press and hold STOP/CLEAR pad for 3 seconds. A beep sounds and the Lock indicator lights, and "Loc" will be displayed for 3 seconds.
- To unlock, press and hold STOP/CLEAR pad for 3 seconds. A beep sounds and the Lock indicator will be turned off.

NOTE:

1. When the control panel is locked, the Lock indicator's light is always on.
2. While the Child Lock is active, only the STOP/CLEAR pad works to unlock it.
3. Microwave oven cannot be used while Child Lock is activated.

TO STOP THE OVEN WHILE THE OVEN IS OPERATING

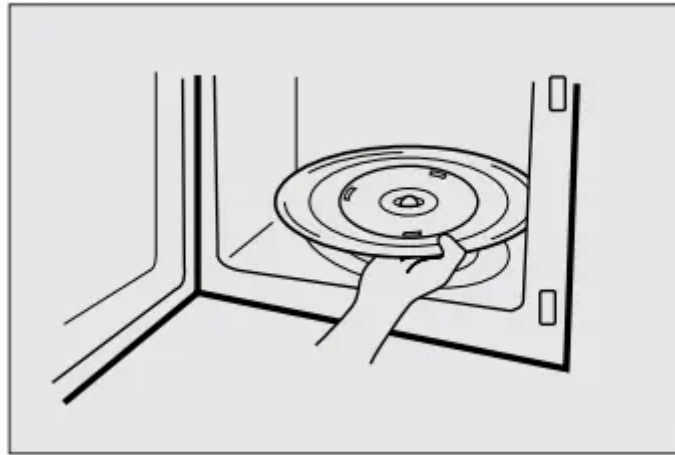
1. Press the STOP/CLEAR pad.
 - You can restart the oven by pressing the START pad.
 - Press the STOP/CLEAR pad once more to erase all instructions.
 - You must enter in new instructions.
2. Open the door.
 - You can restart the oven by closing the door and pressing the START pad.

NOTE: Oven stops operating when door is opened.

CARE OF YOUR MICROWAVE OVEN

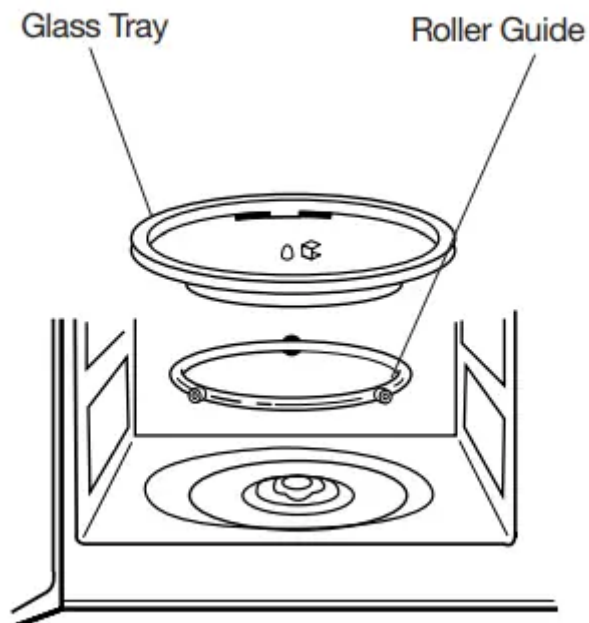
The oven should be cleaned regularly and any food deposits removed. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

1. Turn the oven off before cleaning.
2. Keep the inside of the oven clean. When food spatters or spilled liquids adhere to oven walls, wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.
3. The outside oven surface should be cleaned with soap and water, rinsed and dried with a soft cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
4. If the Control Panel becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel.
5. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates malfunction of the unit.
6. It is occasionally necessary to remove the glass tray for cleaning. Wash the tray in warm sudsy water or in a dishwasher.
7. The roller guide and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. The roller guide may be washed in mild sudsy water.



ROLLER GUIDE

1. The ROLLER GUIDE and oven floor should be cleaned frequently to prevent excessive noise.
2. The ROLLER GUIDE MUST ALWAYS be used for cooking together with the Glass Tray



GLASS TRAY

1. DO NOT operate the oven without the Glass Tray in place.
2. DO NOT use any other Glass Tray with this oven.
3. If Glass Tray is hot, ALLOW TO COOL before cleaning or placing it in water.
4. DO NOT cook directly on the Glass Tray. (Except for popcorn)

BEFORE YOU CALL FOR SERVICE

Refer to following checklist, you may prevent an unnecessary service call.

- * The oven doesn't work :
 1. Check that the power cord is securely plugged in.
 2. Check that the door is firmly closed.
 3. Check that the cooking time is set.
 4. Check for a blown circuit fuse or tripped main circuit breaker in your house.
- * Sparking in the cavity;
 1. Check utensils. Metal containers or dishes with metal trim should not be used.
 2. Check that metal skewers or foil does not touch the interior walls.
 3. Check if there is dirt or grease on waveguide cover.

CARE AND CLEANING

Although your oven is provided with safety features, it is important to observe the following:

1. It is important not to defeat or tamper with safety interlocks.
2. Do not place any object between the oven front face and the door or allow residue to accumulate on sealing surfaces. Wipe the sealing area frequently with a mild detergent, rinse and dry. Never use abrasive powders or pads.
3. When opened, the door must not be subjected to strain, for example, a child hanging on an opened door or any load could cause the oven to fall forward to cause injury and also damage to the door. Do not operate the oven if it is damaged, until it has been repaired by a competent service technician. It is particularly important that the oven closes properly and that there is no damage to the: i) Door(bent) ii) Hinges and Hooks(broken or loosened) iii) Door seals and sealing surfaces.
4. The oven should not be adjusted or repaired by anyone except a properly competent service technician.
5. The oven should be cleaned regularly and any food deposits removed;
6. Failure to maintain the oven in a clean condition could lead to deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

QUESTIONS AND ANSWERS

1. * Q : I accidentally ran my microwave oven without any food in it. Is it damaged?

- * A : Running the oven empty for a short time will not damage the oven . However, it is not recommended.

2. * Q : Can the oven be used with the glass tray or roller guide removed?
- * A : No. Both the glass tray and roller guide must always be used in the oven before cooking.
3. * Q : Can I open the door when the oven is operating?
- * A : The door can be opened anytime during the cooking operation. Then microwave energy will be instantly switched off and the time setting will maintain until the door is closed.
4. * Q : What does "Er01" message mean?
- * A : "Er01" means SENSOR ERROR and will appear if you open the oven door or press STOP/CLEAR pad while cooking times is displayed. To continue cooking, press the STOP/CLEAR pad and cook manually.
5. * Q : Why do I have moisture in my microwave oven after cooking?
- * A : The moisture on the side of your microwave oven is normal. It is caused by steam from cooking food h.itting the cool oven surface.
6. * Q : Will the microwave oven be damaged if it operates while empty?
- * A : Yes. Never run it empty.
7. * Q : Why do eggs sometimes pop?
- * A : When baking or poaching eggs, the yolk may pop due to steam build-up inside the yolk membrane. To prevent this, simply pierce the yolk with a toothpick before cooking. Never cook eggs without piercing their shells.
8. * Q : Why is this standing time recommended after the cooking operation has been completed?
- * A : Standing time is very important. With microwave cooking, the heat is in the food, not in the oven. Many foods build up enough internal heat to allow the cooking process to continue, even after the food is removed from the oven. Standing time for joints of meat, large vegetables and cakes is to allow the inside to cook completely, without overcooking the outside.
9. * Q : What does "standing time" mean?
- * A : "Standing time" means that food should be removed from the oven and covered for additional time to allow it to finish cooking. This frees the oven for other cooking.
10. * Q : Why does my oven not always cook as fast as the microwave cooking guide says?
- * A : Check your cooking guide again, to make sure you've followed directions exactly ; and to see what might cause variations in cooking time. Cooking guide times and heat settings are suggestions, to help prevent over-cooking... the most common problem in getting used to a microwave oven. Variations in the size, shape and weights and dimensions could require longer cooking time. Use your own judgement along with the

cooking guide suggestions to check whether the food has been properly cooked just as you would do with a conventional cooker.

11. * Q : Does microwave energy pass through the viewing screen in the door?

- * A : No. The metal screen bounces back the energy to the oven cavity. The holes are made to allow light to pass through. They do not let microwave energy pass through.

12. * Q : Can I operate my microwave oven without the turntable or turn the turntable over to hold a large dish?

- * A : No. If you remove or turn over the turntable, you will get poor cooking results. Dishes used in your oven must fit on the turntable.

13. * Q : Is it normal for the turntable to turn in either direction?

- * A : Yes. The turntable rotates clockwise or counterclockwise, depending on the rotation of the motor when the cooking cycle begins.

14. * Q : Can I pop popcorn in my microwave oven? How do I get the best results?

- * A : Yes. Pop packaged microwave popcorn following manufacture's guidelines. Do not use regular paper bags. Use the "listening test" by stopping the oven as soon as the popping slows to a "pop" every 1 or 2 seconds. Do not repop unpopped kernels. Do not pop popcorn in glass cookware.

COOKING INSTRUCTIONS

UTENSIL GUIDE

- Only use utensils that are suitable for use in microwave ovens. To cook food in the microwave oven, the microwaves must be able to penetrate the food, without being reflected or absorbed by the dish used. Care must therefore be taken choosing the utensil. If the utensil is marked microwave-safe, you do not need to worry. The following table lists various utensil and indicates whether and how they should be used in a microwave oven

| UTENSIL | SAFE | COMMENTS |
|---|--------|--|
| Aluminium foil | ▲ | Can be used in small quantities to protect areas against overcooking. Arcing can occur if the foil is too close to the oven wall or if too much foil is used. |
| Crisp Plate | ● | Do not preheat for more than 8minutes. |
| China and earthenware | ● | Porcelain, pottery, glazed earthenware and bone china are usually suitable, unless deco-rated with a metal trim. |
| Disposable polyester cardboard dishes | ● | Some frozen foods are packaged in these dishes. |
| Fast-food packaging • Polystyrene cups containers | ● | Can be used to warm food. Overheating may cause the polystyrene to melt. |
| • Paper bags or newspaper | × | May catch fire. |
| • Recycled paper or metal trims | × | May cause arcing. |
| Glassware • Oven-to-table ware • Fine glassware | ● ● | Can be used, unless decorated with a metal trim. Can be used to warm foods or liquids. Delicate glass may break or crack if heated suddenly. Must remove the lid. Suitable for warming only. |
| • Glass jars | ● | |
| Metal • Dishes • Freezer bag twist ties | × × | May cause arcing or fire. |
| Paper • Plates, cups, napkins and Kitchen paper • Recycled paper | ● × | For short cooking times and warming. Also to absorb excess moisture. May cause arcing. |
| Plastic • Containers | ● | Particularly if heat-resistant thermoplastic. Some other plastics may warp or discolour at high temperatures. Do not use Melamine plastic. |
| • Cling film | ● | Can be used to retain moisture. Should not touch the food. Take care when removing the film as hot steam will escape. |
| • Freezer bags | ▲ | Only if boilable or oven-proof. Should not be airtight. Prick with a fork, if necessary. |
| Wax or grease-proof paper | ● | Can be used to retain moisture and prevent spattering. |

● : Recommended use
▲ : Limited Use
× : Not Recommended

USE YOUR MICROWAVE OVEN SAFELY

General Use

- Do not attempt to defeat or tamper with safety interlocks.
- Do not place any object between the oven front frame and the door or allow residue to build up on sealing surfaces. Wipe with a mild detergent, rinse and dry. Never use abrasive powders or pads.
- Do not subject the oven door to strain or weight such as a child hanging on an open door.
- This could cause the oven to fall forward resulting in injury to you and damage to the oven.

- Do not operate the oven if door seals or sealing surfaces are damaged; or if door is bent; or if hinges are loose or broken.
- Do not operate the oven empty. This will damage the oven.
- Do not attempt to dry clothes, newspapers or other materials in the oven. They may catch on fire.
- Do not use recycled paper products as they may contain impurities which may cause sparks or fires.
- Do not hit or strike the control panel with hard objects. This can damage the oven.

Food

- Never use your microwave oven for home canning. The oven is not designed for proper home canning. Improperly canned food may spoil and be dangerous to consume.
- Always use the minimum recipe cooking time. It is better to undercook rather than overcook foods.
- Undercooked foods can be returned to the oven for more cooking. If food is overcooked, nothing can be done.
- Heat small quantities of food or foods with low moisture carefully. These can quickly dry out, burn or catch on fire.
- Do not heat eggs in the shell. Pressure may build up and eggs can explode.
- Potatoes, apples, egg yolks and sausages are examples of food with non-porous skins.
- These must be pierced before cooking to prevent bursting
- Do not attempt to deep fat fry in your microwave oven. Always allow a standing time of at least 20 seconds after the oven has been switched off to allow the temperature to even out, stir during heating, if necessary, and ALWAYS stir after heating. To prevent eruptive boiling and possible scalding, you should put a spoon or glass stick into the beverages and stir before, during and after heating.
- Do not leave the oven unattended while popping corn. Do not pop corn in a paper bag unless it is the commercially prepared Microwave Popcorn product. The kernels can overheat and ignite a brown paper bag. Do not exceed the Microwave Popcorn manufacturers suggested popping time.
- Longer popping does not yield more popcorn but it can result in scorch, burn of fire. Remember, the Popcorn bag and tray can be too hot to handle. Remove with caution and use pot holders.

ARCING

If you see arcing, open the door and correct the problem.

Arcing is the microwave term for sparks in the oven.

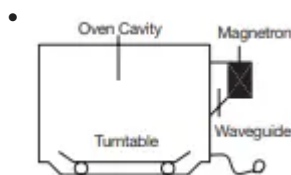
Arcing is caused by:

- Metal or foil touching the side of the oven.
- Foil not molded to food (upturned edges act like antennas).
- Metal, such as twist-ties, poultry pins, or gold rimmed dishes, in the microwave.
- Recycled paper towels containing small metal pieces being used in the microwave.
- Dirt or grease on waveguide cover.

MICROWAVING PRINCIPLES

- Microwave energy has been used in this country to cook and reheat food since early experiments with RADAR in World War II. Microwaves are present in the atmosphere all the time, both naturally and manmade sources. Manmade sources include radar, radio, television, telecommunication links and car phones.

HOW MICROWAVES COOK FOOD

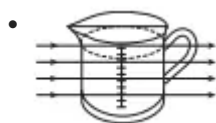


In a microwave oven, electricity is converted into microwave by the

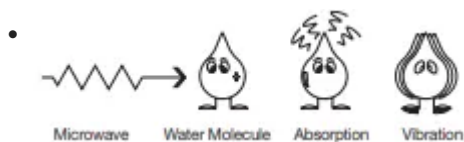
MAGNETRON



TRANSMISSION: Then they pass through the cooking containers to be absorbed by the water molecules in the food, all foods contain water to a more or lesser extent.



REFLECTION: The microwaves bounce off the metal walls and the metal door screen



ABSORPTION: The microwaves cause the water molecules to vibrate which causes FRICTION, i.e. HEAT. This heat then cooks the food. Microwaves are also attracted to fat and sugar particles, and foods high in these will cook more quickly. Microwaves can only penetrate to a depth of 1½ - 2 inches(4-5cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

CONVERSION CHARTS

| WEIGHT MEASURES | | VOLUME MEASURES | | SPOON MEASURES | |
|-----------------|---------|-----------------|--------------------|----------------|---------|
| 15 g | 1/2 oz. | 30 ml | 1 fl.oz. | 1.25 ml | 1/4 tsp |
| 25 g | 1 oz. | 100 ml | 3 fl.oz. | 2.5 ml | 1/2 tsp |
| 50 g | 2 oz. | 150 ml | 5 fl.oz. (1/4 pt) | 5 ml | 1 tsp |
| 100 g | 4 oz. | 300 ml | 10 fl.oz. (1/2 pt) | 15 ml | 1 tbsp |
| 175 g | 6 oz. | 600 ml | 20 fl.oz. (1pt) | | |
| 225 g | 8 oz. | | | | |
| 450 g | 1 lb. | | | | |

| FLUID MEASUREMENTS | | |
|--------------------|------------------------------|------------------------|
| 1 Cup | = 8 fl.oz | = 240 ml |
| 1 Pint | = 16 fl.oz. (UK 20 fl.oz.) | = 480 ml (UK 560 ml) |
| 1 Quart | = 32 fl.oz. (UK 40 fl.oz.) | = 960 ml (UK 1120 ml) |
| 1 Gallon | = 128 fl.oz. (UK 160 fl.oz.) | = 3840 ml (UK 4500 ml) |

COOKING TECHNIQUES

- **STANDING TIME** Dense foods e.g. meat, jacket potatoes and cakes, require standing time (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the center completely. Wrap meat joints and jacket potatoes in aluminium foil while standing. Meat joints need approx. 10-15 minutes, jacket potatoes 5 minutes. Other foods such as plated meal, vegetables, fish etc require 2-5 minutes standing. After defrosting food, standing time should also be allowed. If food is not cooked after standing time, return to the oven and cook for additional time.
- **MOISTURE CONTENT:** Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season, particularly jacket potatoes. For this reason cooking times may have to be adjusted. Dry ingredients e.g. rice, pasta, can dry out during storage so cooking times may differ.
- **DENSITY:** Porous airy foods heat more quickly than dense heavy foods.
- **CLING FILM:** Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. Pierce before cooking to allow excess steam to escape. Always take care when removing cling film from a dish as the build-up of steam will be very hot.
- **SHAPE:** Even shapes cook evenly. Food cooks better by microwave when in a round container rather than square.
- **SPACING:** Foods cook more quickly and evenly if spaced apart. NEVER pile foods on top of each other.
- **STARTING TEMPERATURE:** The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.
- **LIQUIDS:** All liquids must be stirred before and during heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled. **DO NOT OVERHEAT. TURNING & STIRRING** Some foods

require stirring during cooking. Meat and poultry should be turned after half the cooking time.

- **ARRANGING:** Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are towards the outside.
- **QUANTITY:** Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.
- **PIERCING:** The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc, will all need to be pierced before cooking. **DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.**
- **COVERING** Cover foods with microwave cling film or a lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes or pastry items.

DEFROSTING GUIDE

- Do not defrost covered meat. Covering might allow cooking to take place. Always remove outer wrap and tray. Use only containers that are microwave-safe.
- Begin defrosting whole poultry breast-side-down. Begin defrosting roasts fat-side-down.
- The shape of the package alters the defrosting time. Shallow rectangular shapes defrost more quickly than a deep block.
- After 1/3 of the defrost time has elapsed, check the food. You may wish to turn over, break apart, rearrange or remove thawed portions of the food.
- During defrost, the oven will prompt you to turn the over. At this point, open oven door and check the food. Follow the techniques listed below for optimum defrost results. Then, close oven door, press the START pad to complete defrosting.
- When defrosted, food should be cool, but softened in all areas. If still slightly icy, return to microwave oven very briefly, or let stand a few minutes. After defrosting, allow food to stand 5-60 minutes if there are any icy areas. Poultry and fish may be placed under running cool water until defrosted
 - Turn over : Roast, ribs, whole poultry, turkey breasts, hot dogs, sausages, steaks, or chops.
 - Rearrange : Break apart or separate steaks, chops, hamburger patties, ground meat, chicken or seafood pieces, chunks of meat such as stew beef.
 - Shield : Use small strips of aluminum foil to protect thin areas or edges of unevenly shaped foods such as chicken wings. To prevent arcing, do not allow foil to come within 1-inch of oven walls or door.

- Remove : To prevent cooking, thawed portions should be removed from the oven at this point. This may shorten defrost time for food weighing less than 3 lbs.(1350g)

DEFROSTING CHART (by Time Defrost)

| ITEM & WEIGHT | DEFROSTING TIME | STANDING TIME | SPECIAL TECHNIQUES |
|--------------------------------------|-----------------|---------------|---|
| BEEF | | | |
| Minced beef 1 lb./450g | 10-12 min. | 15-20 min. | Break apart and remove thawed portions with fork. |
| Stew Meat 1 1/2 lbs./675g | 16-18 min. | 25-30 min. | Separate and rearrange on |
| Patties 4(4oz./110g) | 9-11 min. | 15-20 min. | Turn over after half the time. |
| PORK | | | |
| Spareribs 1 lb./450g | 9-11 min. | 25-30 min. | Separate and rearrange once. |
| Chops 4(5oz./125g) | 9-11 min. | 25-30 min. | Separate and turn over once. |
| Minced pork 1 lb./450g | 9-11 min. | 15-20 min. | Break apart and remove thawed portions with fork. |
| POULTRY | | | |
| Whole Chicken 2 1/2 lbs./1125g | 19-21 min. | 45-90 min. | Break side down. Turn over after half the time. Shield as needed. |
| Chicken Breasts 1 lbs./450g | 9-11 min. | 15-30 min. | Separate and rearrange once. |
| Fryer Chicken(cut up) 2 lbs./900g | 15-17 min. | 25-30 min. | Separate and rearrange once. |
| Chicken Thighs 1 1/2 lbs./675g | 11-13 min. | 15-30 min. | Separate and rearrange once. |
| FISH & SEAFOOD | | | |
| Whole Fish 1 lb./450g | 6-8 min. | 15-20 min. | Turn over after half the time. Shield as needed. |
| Fish Fillets 1 1/2 lb./675g | 9-11 min. | 15-20 min. | Turn over after half the time. Shield as needed. |
| Shrimp 1/2 lb./225g | 3-4 min. | 15-20 min. | Turn over after half the time. Shield as needed. |

--

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.